

# SOUTH FULTON FIRE RESCUE DEPARTMENT



July, 2018  
Volume 1, Issue 5

## The 360 Monthly Newsletter

### South Fulton Fire Rescue Passes GFSTC Compliance Inspection

On July 12, 2018, the South Fulton Fire Rescue Department underwent its first annual compliance inspection by the Georgia Firefighters Standards and Training Council.

It is the intention of the General Assembly of Georgia to establish minimum requirements for all fire departments operating in the state. The General Assembly recognizes that fire departments operating in Georgia cannot function effectively and efficiently as full-time fire departments without meeting or exceeding the minimum requirements established by OCGA 25-3, Article 2.

The minimum requirements are based upon various criteria for fire service agencies, including Georgia law, Georgia Firefighter Standards and Training Council policy, consideration of NFPA standards, and ISO requirements. Verification of fulfillment of all requirements, including review of testing, training, and inventory records was completed during the inspection and we are pleased to report that the South Fulton Fire Rescue Department successfully passed the compliance inspection.

The annual inspections are completed to assure that a department is serving the best interests of the citizens of its area of operations.

Great job by our officers and firefighters for your hard work in preparation for a successful *first* inspection.



#### Inside this issue

- ◆ Fire Chief's Desk
- ◆ Community Events
- ◆ Company Level Inspections
- ◆ Firefighter Hydration
- ◆ MDA News
- ◆ Training and Member Development
- ◆ Run Forrest Run!
- ◆ In the News





# FIRE CHIEF'S DESK

LARRY FEW, FIRE CHIEF



## There is a New EMS Provider for South Fulton

On July 1, 2018 at 12:01 am, Grady EMS became the new ambulance provider for the city of South Fulton; Grady EMS will also provide service to Union City, Fairburn, Palmetto and Chattahoochee Hills.

I think everyone is familiar with Grady Hospital; Grady is a level-one trauma center located in the city of Atlanta. Over the years, Grady has improved its image and its customer service, which is a welcomed attraction for citizens that live in metro Atlanta, surrounding counties, and visitors from out of state.

As the EMS services transitioned on July 1, the average response time for all calls was 11 minutes and 54 seconds (as reported by Fulton County 911 Communications). This is a positive step in the right direction that I believe can save lives. Additionally, on July 2, the average response time decreased to 9 minutes and 41 seconds. Those response times, coupled with a 6 minute and 36 second average response time by the South Fulton Fire Rescue Department, are a definite move in the right direction.

Grady Ambulance and its mutual aid partners are staged throughout the city of South Fulton at many of our fire stations ready to deliver service when called upon. As Grady delivers the service to South Fulton, no subsidy is paid for the service delivery. Each month the South Fulton Fire Chiefs meet to discuss issues germane to fire service delivery; the data as it relates to EMS delivery will be a primary point of discussion moving forward.

Welcome aboard Grady EMS as our new ambulance provider.

*Stay Safe,*

*Chief Few*







## Community Day at Welcome All Park

**July 26, 2018** - The crew of Engine 7C (FF Bryant Hoyle, FF Victor Brown and FF Joshua Quick) recently had the opportunity to attend a community event at Welcome All Park. The event, V-103 “Summer Rec Center Takeover” focused on bringing families together to celebrate the end of summer, enjoy the amenities of our beautiful parks and to have fun!



Also in attendance were city of South Fulton City Manager Mr. Odie Donald and District 3 Councilwoman Helen Willis.







Children everywhere have been enjoying *end of summer*; *back to school* parties before returning to the classrooms.

Our thanks to all of the organizers for including the South Fulton Fire Rescue Department in your celebrations. Here's hoping that you all had a great summer filled with tons of fun and lasting memories.



July 26, 2018 - The crew of Engine 1C (Lt. Sammy Hart, FF Marcus Williams, and FF Jamaricus McCoy) participated in the back to school event at Welcome All Park

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## Our Mission

*To provide fire, life safety, and support services that are relationship focused and results oriented.*

## Our Motto

*Service to all; second to none*







## T11 and E19 Participate in Dismas Charities Event

**July 27, 2018** - South Fulton Fire Rescue was honored to participate in the first Health and Wellness Fair organized by Dismas Charities, Inc.

Dismas Charities believes in providing residents with knowledge, resources and amenities for a positive and healthy lifestyle as they are transitioning back into the community.

For their part, the firefighters shared valuable fire safety information and conducted a fire extinguisher demonstration.

**Great job** by Captain Donna Dingler, FF Lonnie Gillard, FF Zach Pinyan, FF Tim Mikos, FF Matthew Maxwell and FF Evian McClendon.



## Out with the old; "up" with the new!

**July 27, 2018** - The crew of Truck 11A assisted with replacing the American flag in front of City Hall. The new flag complements the new City of South Fulton City Hall sign recently installed.

In addition to other city offices, City Hall is the current location of Fire Headquarters.



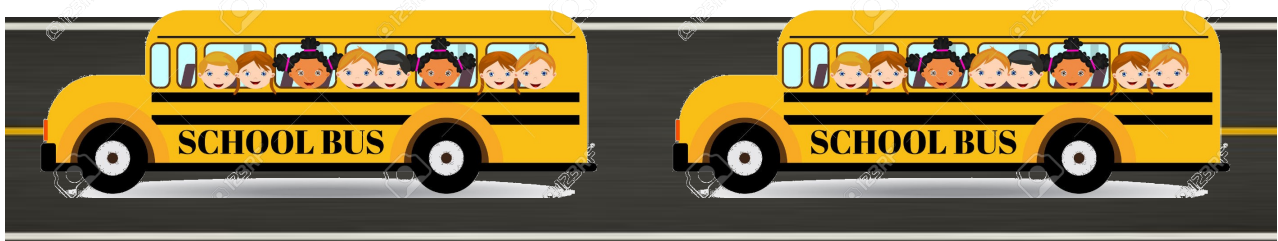
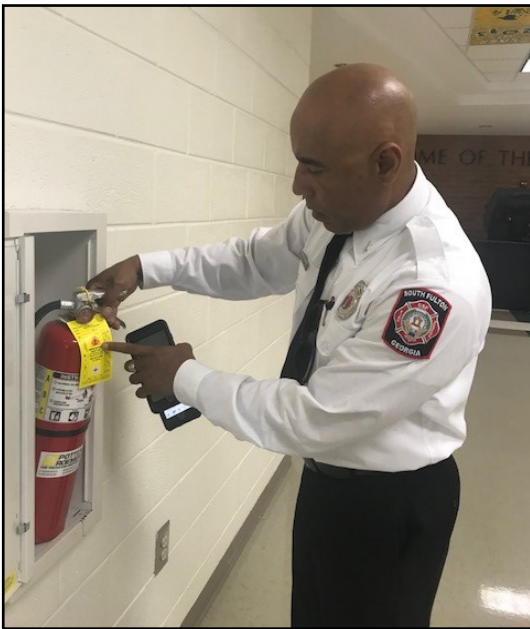


## Keeping the Children Safe at School

As the children were enjoying *end of summer* celebrations, the South Fulton Fire Rescue Department was busy readying schools for their return.

Each year, the staff of Community Risk Reduction partners with the Fulton County Board of Education to conduct school inspections.

Throughout the month of July, Lieutenant Martin Salamanca and Fire Prevention Officer Delores Jones have been resetting alarms, testing sprinkler systems, carefully checking fire extinguishers, exit lights, fire alarms and kitchen vent hoods; where necessary, fire lanes have been repainted. The inspections are vitally important to ensure that the schools are safe when the children return to their classrooms on August 6th.



*Have a great school year!*





## Company Level Business Inspections - Never Boring on the Boulevard!



Company level business inspections on the boulevard are never boring.

On a recent inspection, the crew of Company 11A unexpectedly encountered a giant sculpture of a man made of metal (I just don't know how else to describe it!)

However, when I tell you that the crew was inspecting the Mellow Mushroom warehouse, it all makes sense. For those of us who love pizza, we know that giant metal sculptures are a recognizable trademark of the pizza chain.

Warehouse manager Mark Malcolm and facilities manager Dan Snyder (pictured with FF Dajon McCray and FF Joaleen Carr) were more than happy to let us share this magnificent masterpiece with our readers.

As part of their duties, fire crews routinely conduct monthly business inspections.

The basic reasons for the inspections are:

- **To enforce the Fire Code.** Enforcing the code is critical to ensuring that buildings remain in an acceptable and safe condition for operation.
- **Citizen safety.** Building occupants may not be aware of violations or how the deficiency could affect their safety.
- **Firefighter safety.** Crew safety is increased when the building has been viewed without the limitations of smoke, debris, or the sense of urgency during an emergency incident. This preplanning enhances the safety of firefighters.



*As we mentioned, company level business inspections are never boring on the boulevard. You may remember that back in 2016, the crew encountered the Incredible Hulk during an inspection. It was "incredible!"*



## The Importance of Staying Hydrated

We all know that fire fighting is a physically demanding job that requires endurance and stamina. Throughout the chaos of running calls, training, conducting inspections, participating in community events and other daily tasks, it is extremely important to always have a bottle of water handy.

Statistics will show that exercising can cause people to lose on average between 8-16 ounces of water within an hour. A firefighter can lose as much as 50 to 70 ounces in sweat in just 30-45 minutes of fire fighting activity.

Firefighters must remain adequately hydrated, not only for their safety but for the safety of those they assist. Firefighters are frequently exposed to high levels of heat, making proper hydration a very important topic within their line of work. Not to mention, firefighters wear layers of protective clothing and carry heavy equipment while exposed to high temperatures. Firefighters are recommended to begin work within a state of euhydration (water in the body sufficient to meet physiological demands). In this state, fluid within the body will maintain an appropriate body temperature, deliver nutrients, and assist in maintaining electrolyte balance.

Rehydration is best completed over a period of 12-24 hours; however, this is not always possible due to prolonged firefighting efforts. To maximize absorption of fluid intake, research has shown that consuming water with carbohydrates and/or sodium chloride can affect absorption of fluids. This is especially true following a call when rapid and complete rehydration is desired. One should keep in mind though that too much water is just as dangerous as not enough water. Hyponatremia or “water intoxication” can be caused by overconsumption of hypotonic fluids, excessive loss of sodium through sweat, and extensive

sweating while ingesting low-sodium fluids.

*(continued on page 11)*

*Keeping hydrated! Captain Gregory Chambers, FF Joshua Carden and FF Keyron Smith couldn't pass up the opportunity to enjoy a cool cup of lemonade with the children from Turner Chapel Church.*

*The youngsters were working hard to raise money for their youth summer camp and were very excited when the firefighters stopped by for some of their refreshing ice cold lemonade.*







## Firefighter Hydration *(continued from page 10)*

To minimize the chances of water intoxication, sport drinks containing sodium are recommended during calls lasting 60 to 90 minutes in duration.

Firefighters should also monitor their hydration status. Urine color measurement is the most basic method and can be monitored by an individual without additional equipment or testing supplies. The general recommendation is if one's urine is the same color as diluted lemonade and produced in medium to large volumes, the person is well hydrated. If urine is dark-colored with an odor and produced in small volumes, the person is dehydrated.



To ensure adequate euhydration:

1. Hydrate before, during, and after your work shift, while monitoring your hydration status through urine color. Most firefighters need 4 to 6 liters of water per day to stay hydrated.
2. Avoid excessive amounts of caffeinated beverages. Caffeine increases blood flow to the kidneys while inhibiting the reabsorption of sodium and water.
3. During extensive fire-fighting calls, consume a combination of sports drinks and water to provide adequate fluids and maintain blood sugar for sustained energy. Consuming cool, flavored beverages has been shown to increase fluid intake as compared to plain water consumption.
4. Drink early and drink often because thirst is not a good indicator. The body is already approximately 1% dehydrated by the time one notices the thirst sensation.

Remember, the “wet stuff” isn’t just for the “red stuff.” Stay hydrated, stay healthy, stay safe.

*(Reference NSCA)*

### Urine Chart

### HOW DEHYDRATED ARE YOU?

For frontline fire fighting, 1 litre of fluid should be taken every hour

#### DARK YELLOW

#### Highly Dehydrated

– Drink a large bottle of water immediately!

#### BRIGHT YELLOW

#### You are still seriously dehydrated

– Drinking more now will make you feel a lot better

#### YELLOW

#### Moderately dehydrated

– You lose fluid on a regular basis throughout the day  
– Drink more water to get hydrated

#### LIGHT YELLOW

#### Almost there

– Get some more water in your system  
– Stay hydrated and healthy!

#### CLEAR

#### Great job

– Now don't let yourself get dehydrated  
– Drink at least 8-12 large glasses of water throughout the day

### CAFFEINATED AND SUGARY DRINKS AND ALCOHOL DEHYDRATE – LIMIT YOUR CONSUMPTION

You can have a sport drink to supplement electrolytes. They should be taken at the ratio of 1 sports drink to 10 equivalents of water.



## MDA HOSTS PIZZA PARTY FOR SOUTH FULTON FIREFIGHTERS



As we reported last month, **\$12,380** represents the grand total of money raised by South Fulton firefighters in support of MDA; \$1,013.12 of the total amount was raised by the crew of Station 13C. To show their appreciation, on July 20th, MDA representatives treated the firefighters to a delicious pizza party.

Decades of fund-raising have paved the way for cutting-edge MDA research, development and treatment, which has been tremendously supported by fire departments across the nation. The MDA representatives expressed their sincere thanks to the South Fulton Fire Rescue Department for their support in bringing more strength, independence and life to the children and adults who are fighting these life-threatening diseases.

Our thanks again to all of our fire crews and particularly to Captain Andrea Hall, FF Greg Terrell, FF David Roseboro and FF Nicholas Young for your awesome fund-raising efforts.







## Fun at MDA Summer Camp

By: Captain Richard Blackmon

On July 3<sup>rd</sup>, Lt. Potter and I had the opportunity to attend Firefighter Day at MDA summer camp. This is a day where firefighters from all over go to the camp in Rutledge Ga., hang out with the kids, and participate in “water wars.” We were told to bring a change of clothes and to be prepared to get wet. Well, we did both and they were right, we were soaked.

While we were there, we ran into some old friends from Milton Fire Rescue, Deputy Chief Mark Stevens and Battalion Chief Jason Baswell. It was really great to see and reminisce with them both.

The kids and staff at this camp are amazing. You can truly see the delight in the kids’ faces as they get to throw water on the firefighters and staff. We had a great day just being with the kids. If you ever get the opportunity, you should go just to experience the joy on their faces. The staff stated that they are always short on counselors. I am planning to go for the week next year and volunteer as a counselor. I challenge any department member to arrange your schedule to go with me. There is a team of South Carolina firefighters that have been going for the week for twenty plus years. Let’s start a similar tradition of South Fulton firefighters attending each year.



## More About MDA Summer Camp

MDA Summer Camp creates a world of possibilities for children living with muscular dystrophy and related diseases. MDA camp gives children a chance to discover new interests while gaining self-confidence, making lifelong friendships and experiencing the independence of being away from home.

Each year, the money raised through the Fill-the-Boot campaign helps give more than 3,800 children a life-changing week at MDA Camp at no charge to their families.





## Training and Member Development



### Preparing Yourself for the Future

Where do you see yourself in two years, five years or ten years? What are you doing now for your future in the fire service? There are several things that you can be doing now to help you reach your goals. The fire service is a dynamic profession that is changing its mindset about what is going to be the industry standard for promotion to higher ranks.

As a young firefighter you might not be thinking about the future, but as an older firefighter, let me tell you that, in the blink of an eye, the future is here. It is hard for me to believe that I started this journey 21 years ago. It has literally gone by in a flash. We have a tendency to say "I'll do that class soon or start my degree next year" and before we know it is next year and several other years have passed.

Start preparing for the future now. Sit down and make yourself a career plan. I like to list my goals in two year increments so I can keep it real. Too many goals too fast will become overwhelming and you will give up.

This might help you with some of the classes and goals that you might have for yourself:

**Firefighter I:**  
PITCO (GPSTC)  
SITCO (GPSTC)  
EMT  
Driver Operator I  
Degree Program

**Firefighter II:**  
EMT I, A, or P  
Driver Operator II  
NIMS 300 and 400  
Fire Instructor I  
Start on your Fire Officer I classes  
Degree program

**Firefighter III:**  
Fire Officer I and II  
Fire Instructor II  
Live fire instructor  
Degree program

**Lieutenant:**  
Fire Officer II and III  
Degree program  
Advanced Leadership classes  
National Fire Academy classes

**Captain:**  
Fire Officer III and IV  
Advanced Degree  
National Fire Academy

This list is by no means a required list of classes and certifications that are required, but a list of industry standard recommended classes and programs. Take advantage of the various training opportunities that are around you and prepare now for your future because it will be here before you know it.

*Be safe and be smart,*

Captain Blackmon and Lieutenant Potter





# Run Forrest Run

By: Captain David Bailey, Station 1A

There are people in this world who can be called a “runner.” They seem to glide effortlessly with speed and grace as if they were moving on wheels. I, unfortunately, am not a “runner.” I’m more of a “plodder.” Picture in your mind the donkeys who ferry tourists up and down the walls of the Grand Canyon and you’ll have some idea of what I mean. Small, ugly beasts who seem to dispassionately bear their burdens as they methodically plod along. I’m sure they envy thoroughbred horses in much the same way I envy runners. Having been cursed with the physical stature of a Smurf, and all the grace and agility of an elephant, athleticism is a quality I have never possessed. But for all that I’ve lacked in skill and ability, I’ve tried to compensate for with effort and determination. Not unlike the aforementioned donkeys.

As a child, I possessed an over active mind and the awkward restlessness that often accompanied it. A condition that I’m sure today would be diagnosed as some form of behavioral disorder, complete with a chemotherapeutic regimen of psychotropic medications that would have surely left me drooling in a bean bag chair, covered in Doritos crumbs, with a video game controller in my hand. But as a child of the 70’s, the only therapists we saw were the parents who made us and loved us, and their prescribed treatment of all such disorders consisted of a steady dosage of manual labor combined with periodic heavy dosages of corporal punishment, as needed. As such, my youth was spent choking on the dust from a bush hog or driving fence posts, or bent over picking a never ending row of beans, all while avoiding a belt or lightning fast backhand.

It was around this time that I discovered something very Zen-like and therapeutic in distance running. The mindless repetition of placing one foot in front of the other, moving ever closer to exhaustion, quieted the noise in my head and allowed my mind to wander harmlessly. The restlessness I often struggled with seemed to disappear, replaced in large parts by clarity and focus. Running, in one form or another, became a staple of my life, and it continues still. Looking back now, I can’t help but wonder what I might have become without the guidance and discipline of my parents and a hobby that has provided me with so much enjoyment for so long. A hobby I hope to continue for years to come, all be it at an ever slowing pace.

As a runner in Georgia, I have had the privilege of participating many times in the Peachtree Road Race. It has become for me a Fourth of July tradition, and while I must admit that age has begun to wreak havoc on my finish time, the fact is I couldn’t care less. The testosterone fueled waves of competition that battered me in my youth have somehow settled into a deep still pool of contentment, and I find that I now delight every bit as much in the accomplishments of others as I do in my own. The annual trek down Peachtree Street to Piedmont Park is now much more of a holiday celebration than a competition. A way of showing pride in

*continued on page 14...*



## Run Forrest Run *continued from page 13...*

my community, appreciation for the freedoms I enjoy, and respect for those who fought and still fight to protect them.

So I invite you to join me next year for the 50<sup>th</sup> running of the Peachtree Road Race. I promise you, never has the saying, “if I can do it, you can”, been more true. You’ll find me plodding along somewhere in the middle of the pack along with the other donkeys. I’ll be the one drenched in sweat with The Allman Brothers playing on my iPod and a mixture of agony and determination on my face.

As for all the race t-shirts I have accumulated over the years, I plan on having them sewn into a quilt when I finally hang up my running shoes and retire completely. I figure I can wrap myself with it on chilly mornings while I sit in my rocking chair sipping coffee. A reminder of days past, and a testament to what can be accomplished over time by one little donkey.



Combined (South Fulton and Fulton County), Captain David Bailey has served with the department for over 22 years.

Captain Bailey is currently assigned to Fire Station 1A in the Red Oak community.





## South Fulton Fire Rescue Monthly Incident Data

### Monthly Runs by Station: 07/01/2018 - 07/31/2018

Station	# of Incidents
Fire Station #1 - 5165 Welcome All Road	145
Fire Station #2 - 4121 Cascade Road	106
Fire Station #3 - 4035 Stonewall Tell Road	137
Fire Station #5 - 3175 Bethsaida Road	189
Fire Station #7 - 5965 Buffington Road	281
Fire Station #11 - 4760 Fulton Industrial Blvd.	54
Fire Station #13 - 5890 Plummer Road	160
Fire Station #15 - 6720 Cedar Grove Road	84
Fire Station #17 - 8675 Ridge Road	39
Fire Station #19 - 3965 Aero Drive	42
Headquarters - 5440 Fulton Industrial Blvd.	13

### Monthly Runs by Incident: 07/01/2018 - 07/31/2018

Incident Description	Number of Incidents
Structure Fire - Private Dwellings	31
Structure Fire - Apartments	1
Structure Fire - Public Assembly	0
Highway - Vehicles	6
Highway - Non-structure/Non-vehicle	0
Brush/Grass/Wildland	6
Rubbish/Dumpsters	8
Rescue/Emergency Medical	712
False Alarms	113
Mutual Aid (Given)	7
Hazmat Response	16
Other Hazardous Responses	28
All other responses	380
<b>TOTAL for ALL INCIDENTS</b>	<b>1,313</b>



# IN THE NEWS

## President Trump signs firefighter cancer registry bill

President Donald Trump has signed legislation to set up a national registry for firefighters to help track links between exposure to fumes and cancer. The Firefighter Cancer Registry Act requires the Centers for Disease Control and Prevention to set up a database in order to study possible links between cancer and the fumes and toxins firefighters are exposed to. The idea is use the information to develop better equipment and other techniques to protect firefighters from cancer-causing chemicals. "The brave men and women of the fire services who put their lives on the line for us each day deserve every ounce of support," said Rep. Bill Pascrell Jr., D-9th Dist., who sponsored the bill in the House. "Passing this bipartisan bill into law is Congress's way of having their backs."

The lawmakers cited a 2015 study by the National Institute for Occupational Safety and Health that found that a greater incidence of certain cancers among firefighters compared with the general population.



**Congratulations** to Firefighter Fernando Martinez, Station 11C on receiving certification as a National Registry Paramedic.

Obtaining certification as a paramedic may take up to two years, depending on the institution. As opposed to EMTs (which provide basic life support), a paramedic may administer more invasive treatment including, but not limited to, inserting endotracheal airways, administering medications (approved by the Medical Director), and may defibrillate, pace or cardiovert using AED/cardiac monitors in manual mode.

Including FF Martinez, South Fulton Fire Rescue currently has 12 paramedics assigned throughout the department.

You did it!  
*Congratulations*





## August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Paychex Flex Training - FCPSTC	2	3	4 Juval Shreves*
5	6 Bobby Gant*	7	8	9 TFT—RIT and Ground Ladders	10	11
12	13 Markus Jones* Jamarcus McCoy*	14 City Council Meeting 7:00 pm	15	16 Terry Turman*	17	18 Mikel Hernandez -Tito*
	Task Force Training - RIT and Ground Ladders					
19	20 Chris Chaffin* Janel Harris*	21 Jack Butler*	22	23 Adam Long*	24	25 Roman Goodrum*
	TFT—RIT and Ground Ladders					
26 Antonio Reed* Donna Dingler*	27 Nicholas Young*	28 Victor Brown* City Council Meeting 7:00 pm	29 David Bailey* Joshua Quick*	30	31	

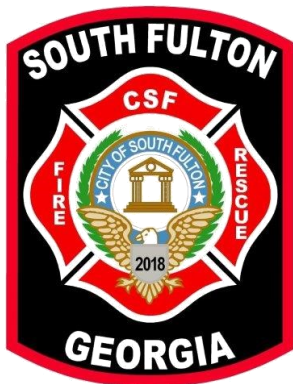
\*Indicates Happy Birthday Wishes



## South Fulton Fire Rescue Department

Fire Headquarters  
5440 Fulton Industrial Blvd.  
Atlanta, Georgia 30336

EMERGENCY: Dial 911



## Our Mission

To provide fire, life safety, and support services that are relationship focused and results oriented.

## Our Motto

Service to all; second to none

Editor: Penny Wolfe

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## *final thoughts...*

- Be wise enough to walk away from the nonsense around you.
- What you do every day matters more than what you do every once in a while.
- Speak only if it improves upon the silence.
- Often in life, we forget the things we should remember and remember the things we should forget.
- Follow your heart, but be sure and take your brain with you.
- Carry out a random act of kindness with no expectation of reward, safe in the knowledge that one day someone might do the same for you.
- Don't be a product of your circumstances; be a product of your decisions.
- Our Fire Department Family—we argue, we laugh, we cry, we're different, we're alike, it's "us", it's "them." We may not have it all together, but together we have it all...!

*...stay safe!*